

desire: for as soon as being about to sleep, they closed their Eyes, presently starting up again they cryed out that a confused multitude of Fantasms made them mad, so that they found themselves necessitated to abstain from Sleep.

Secondly, when the Spirits being become exorbitant, are called from the circumference of the Brain towards the inward parts in order to Sleep, sometimes they convert their Sallies into the *Genus Nervosum*, and then either rushing in a tumultuous manner into the Nerves that go to the Precordia, or Viscera, they cause disorders in the respective Parts; (hence to such as are so affected, as often as closing their Eyes they invite Sleep, either Tremblings, Leapings, and Constrictions of the Heart, with Failings of the Spirits, and a letted Respiration happen or inflations and Swellings of the Viscera, a Sense of Suffocation, and other Symptoms vulgarly accounted for hysterical) or secondly, the Spirits being called from their Watchings, and converted to the *Genus Nervosum*, sometimes transfer their Sallies into the spinal Marrow, and thence into the Nerves that pass into all the outward Members: wherefore to some, when being a Bed they betake themselves to sleep, presently in the Arms and Leggs Leapings and Contractions of the Tendons, and so great a Restlessness and Tossings of their Members ensue, that the diseased are no more able to sleep, than if they were in a Place of the greatest Torture. Sometime since I was advised with for a Lady of Quality, who in the day time was wont to be afflicted with a *Cardialgia*, and a Vomiting, and in the Night was hindred from Sleep by reason of those spasmodick affects which came upon her as now and then she was upon the point of rest: nor indeed was she able to sleep all Night, unless she took first a pretty good dose of *Laudanum*: Wherefore of this Medicine which at first was allowed her only twice a Week, she took afterward daily for about three Months, receiving no injury thereby, either in the Brain, or about any other function, and when in the mean while by the use of other Remedies, the discrasies of the Blood and Nervous Juice being corrected, the animal Spirits became more benign and mild, she afterward leaving off wholly the *Opium*, was able to sleep indifferently well.

As to the cure of the *Watching-evil* (which we even now describ'd) because it cannot be long endured, therefore those things are chiefly to be given, which give a pretent relief: for this end those things are proper which sooth the Spirits, and gently appease their Disorders, as the vulgarly called *Anodines*, viz. distilled waters, Decoctions, Syrups, and Conserves of Flowers of Nymphaea, Cowslips, Mallows, Violets, Knapweed, the Leaves of Lettice, Purslan, the Willow, also *Emulsions*, or juicy *Expressions*. And if the restless Spirits will not be mitigated by fair means, we must force them to be quiet, by imposing Fetters as it were, and using Severity: their stores ought to be diminish'd, and withall the spaces in which they may freely, and without

without tumult expand themselves, ought to be dilated, and cleared from the stuffings of other humours, *viz.* of Blood and Serum: for which ends opening a Vein sometimes is proper: *Vesicatories* in a manner always have place; moreover let *Diacodium* and *Laudanum*, in case they agree well, be frequently taken; and mean while that the *Opiats* give truce from the violence of the Disease, let the cause of it be eradicated by the use of other Remedies, as much as may be: Wherefore day after day, at Physical hours, let things be given that take away the sharpness of the Blood and Nervous Juice, and restore them to sweetness: In which rank we account *Testaceous Powders*, *Apozemes* and altering distilled Waters of temperate *Antiscorbuticks*, gentle preparations of *Steel*, *Spirit of Harts-horn*, of *Soot*, and above all things, *tincture of Antimony*.

There remains another kind of Watching-evil, whose cause consists for some part, if not mostly, in the almost continual opening or too great gaping of the Pores or Passages in the cortical part of the Brain: for besides that the animal Spirits being sharp and somewhat exorbitant, refuse to lye down of their own accord, and to yeild to rest; and that they are not kept down or subjugated by the Nervous Liquor entring the Pores of the Brain, but being free and exempt from all imposed Burthen, they are expanded also within the outward spaces of the Brain which are every where open for them, for which cause those that have the watching evil perceive no drowsiness or heaviness of the Sinciput, no appulse or desire of Sleep. I have known some affected after this manner, who when they had past many Nights one after the other wholly without Sleep, yet being still chearful and brisk, having a good Stomack, and ready at business, seemed not as yet to have wanted Sleep. The cause of this doubtless is a burnt and melancholy Blood, which supplies the outward part of the Brain with a Nervous Juice, not mild and benign, but too much scorcht and filled with adust Particles, which consequently is neither apt to stay long within the Pores of the Brain, nor kindly to receive and contain the Animal Spirits: Moreover the Spirits themselves ingendred from it become too elastick and restless in their Nature, so that they are neither easily appeased, nor inclin'd for Sleep of their own accord. Nevertheless, being of a fixt Nature, they do not readily fly away, nor are soon tired so as to flag, but last a long time and continue vigorous without any great refreshment. Concerning this sleeplefs Disposition of the animal Spirits, since it is the same as in Persons troubled with melancholy, we shall have a fit place of speaking somewhat more largely of it in the sequelle. We may observe that Coffee also on the same account keeps Persons from Sleep, for that Drink insinuates its adust Particles (with which we find it to abound both by the taste and smell) first into the Blood, and then into the Nervous Juice, which thereupon by their Agility and Restlessness both keep the Pores
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